
Subject: Approved Foods

Effective Date: October 1, 2005

Revised from: October 1, 2004

Policy: Participants may buy only foods listed on the *Kansas WIC Program Approved Food List*. The *WIC Approved Food List* is revised every two years. Always use the *Food List* with the most current effective date. No other food list should be used. Contact the State WIC Agency for information regarding the *WIC Approved Food List*.

Reference: CFR §246.10

Kansas WIC Approved Food List Effective October 1, 2005 through September 30, 2007	
Breastfeeding: All natural, nothing added but love. -- Breastfeeding moms get extra juice, cheese and beans, plus tuna and carrots if their infant receives no formula from the WIC Program.	
Tuna 5 ½ to 6½ oz can	Buy least expensive brand only Chunk light, water or oil packed Cannot buy: albacore or tuna spread
Carrots up to 2 pound package	Buy least expensive brand only Fresh (whole, unpeeled) Cannot buy: baby or mini carrots, frozen carrots or bulk carrots
Milk Container size as listed on the check	Buy least expensive brand only Skim*, Reduced-Fat, Whole Other milk products that may be listed on the check <ul style="list-style-type: none"> • Acidophilus (1 gallon may be purchased in place of 2 half-gallons) • Lactose reduced/free (1 half-gallon may be purchased in place of 2 quarts) • Evaporated • Evaporated Goat's • Nonfat Dry * Be good to your heart. Adults and children 2 and over should drink skim free and reduced-fat milk. Cannot buy: buttermilk, flavored milk, raw (unpasteurized) milk, non-dairy milk substitutes, soy milk or rice milk.

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Eggs One dozen	Buy least expensive brand only Grade AA or A, large
Cheese 16 oz prepackaged	Buy least expensive brand only USA made <ul style="list-style-type: none"> • American (block or sliced) • Cheddar (block) • Cojack (block) • Colby (block) • Monterey Jack (block) • Mozzarella (block) • Swiss (block) Cannot buy: cheese food, product or spread, shredded cheese, cheese with added flavors, individually wrapped slices or 15 oz or smaller packages
Peanut Butter 18 oz jar	Creamy or crunchy Cannot buy: peanut butter spreads, peanut butter with added flavors or fortified peanut butter
Dried Beans Up to 1 pound bag	Buy least expensive brand only Dried beans, peas, or lentils Cannot buy: beans with flavor packet, grains or spices
Canned Beans Up to 16 oz can	<i>Only issued to WIC clients in special circumstances.</i> Buy least expensive brand only Black, Kidney, Navy or Pinto Beans Cannot buy: 7 oz or smaller cans, green beans, baked beans, flavored beans, pork and beans or beans / chili.

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Juice unsweetened, high in vitamin C	<u>Apple:</u> 11-12 ounce containers of frozen concentrate Always Save, Best Choice, Great Value, Hy-Vee, IGA, Kroger, Market Pantry, Old Orchard, Our Family, Seneca, Seneca - Country Style, Seneca - Granny Smith, Shurfine, Tree Top 11-12 ounce containers of shelf stable concentrate Juicy Juice, Welch's 46 ounce cans or plastic bottles Best Choice, Best Choice - 100% Real, Great Value, Hy-Vee-Just Juice, Juicy Juice, Kroger, Musselman's, Seneca, Shurfine, Tree Top 6.5 ounce boxes (<i>Only issued to WIC clients in special circumstances.</i>) Juicy Juice, Tree Top
	<u>Grape:</u> 11-12 ounce containers of frozen concentrate Great Value, Market Pantry, Old Orchard, Old Orchard-White Grape, Seneca, Welch's, Welch's-White Grape 11-12 ounce containers of shelf stable concentrate Welch's, Welch's-White Grape 46 ounce cans or plastic bottles Best Choice, Midwest Country Fare, Seneca, Seneca-White Grape, Welch's, Welch's-White Grape
	<u>Juice Blends:</u> 11-12 ounce containers of frozen concentrate Old Orchard-Ruby Red Grapefruit 11-12 ounce containers of shelf stable concentrate Juicy Juice - (Any Flavor), Welch's – (Cherry Sensation, Fruit Fantastic, Strawberry Raspberry, Tropical Passion, Wild Berry) 46 ounce cans or plastic bottles Best Choice-100% Real - (Any Flavor), HyVee - Just Juice - (Any Flavor), Juicy Juice - (Any Flavor) 6.5 ounce boxes (<i>Only issued to WIC clients in special circumstances.</i>) Juicy Juice - (Any Flavor), Tree Top - (Berry, Fruit Punch, Grape)
	<u>Orange:</u> 11-12 ounce containers of frozen concentrate Any Brand 46 ounce cans or plastic bottles Any Brand 6.5 ounce boxes (<i>Only issued to WIC clients in special circumstances.</i>) Any Brand

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	Cannot buy: any other size, container, type, flavor, or brand, juices with calcium added (unless specifically stated on the check), freshly squeezed juice, infant juice, juice drinks, punches, ades or fruit drinks, juice cocktail or lite juice
Calcium Fortified Juice unsweetened, high in vitamin C	<i>Only issued to WIC clients in special circumstances.</i> <u>Orange:</u> 11-12 ounce containers of frozen concentrate Best Choice, Great Value, Hy-Vee, Kroger, Market Pantry, Old Orchard, Our Family, Shurfine Cannot buy: any other size, container, type, flavor, or brand, juices with sugar added, freshly squeezed juice, infant juice, juice drinks, punches, ades or fruit drinks, juice cocktail or lite juice
Infant Formula	The brand, type and size <u>specified on the check</u> must be purchased. (as long as the size is correct container=bottle=can=box) Cannot buy: any other brand, type or size
Infant Cereal 8 ounce box or larger	Buy least expensive brand only Barley, Mixed, Oatmeal, Rice, or Wheat Cannot buy: cereal with fruit or cereal with formula
Cereal Iron fortified 9-ounce package or larger	<u>Best Choice</u> Bite Size Frosted Shredded Wheat, Bran Flakes, Corn Crisps, Corn Flakes, Creamy Wheat, Crisp(y) Rice, Happy O's, Instant Oatmeal - Regular, Nutty Nuggets, Rice Crisps, Sweet Crispy Combo w/ Almonds, Sweet Crispy Combo w/ Honey, Wheat Crisps, Wheat Flakes, Whole Grain 100
	<u>General Mills</u> Cheerios, Corn Chex, Country Corn Flakes, Rice Chex, Wheat Chex, Wheaties
	<u>Great Value</u> Bran Flakes, Corn Flakes, Crisp(y) Rice, Crunchy Nuggets, Frosted Shredded Wheat, Hot Wheat Cereal, Instant Grits - Original, Instant Oatmeal - Regular, Multi-Grain Flakes, Nature's Grains, Toasted Corn, Toasted Oats, Toasted Rice, Toasted Wheat

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<u>Hy-Vee</u>	Bite Size Frosted Shredded Wheat, Bran Flakes, Corn Flakes, Creamy Wheat, Crisp(y) Rice, Honey, Oats & Flakes w/ Almonds, Instant Oatmeal - Regular, Nutty Nuggets, Tasteeos, Toasted Corn, Toasted Rice, Wheat Flakes, Whole Grain 100
<u>IGA</u>	40% Bran Flakes, Corn Flakes, Crisp(y) Rice
<u>Kellogg's</u>	Complete Oat Bran Flakes, Complete Wheat Bran Flakes, Corn Flakes, Frosted Mini-Wheats - Bite-Size, Frosted Mini-Wheats – Original
<u>Kroger</u>	Bite Size Frosted Shredded Wheat, Bran Flakes, Corn Flakes, Corn Bitz, Crisp(y) Rice, Honey Crisp Medley, Honey Crisp Medley w/ Crunchy Almonds, Instant Oatmeal - Regular, Nutty Nuggets, Rice Bitz, Toasted Oats
<u>Malt-O-Meal</u>	Chocolate Hot Wheat, Crisp(y) Rice, Frosted Mini Spooners, Original Hot Wheat, Scooters
<u>Market Pantry</u>	Corn Flakes, Crisp(y) Rice, Frosted Shredded Wheat, Instant Oatmeal - Regular, Toasted Oats
<u>Maypo</u>	Instant Oatmeal - Maple, Vermont Style Oatmeal
<u>Nabisco</u>	Cream of Wheat - 1 minute, Cream of Wheat - 2 1/2 minute, Cream of Wheat - 10 minute
<u>Our Family</u>	Bite Size Frosted Shredded Wheat, Bran Flakes, Corn Biscuits, Corn Flakes, Crisp(y) Rice, Instant Oatmeal - Regular, Krunch Nutties, Oats & More with Almonds, Rice Biscuits, Toasted Oats
<u>Post</u>	Banana Nut Crunch, Bran Flakes, Grape Nut Flakes, Grape Nuts, Honey Bunches of Oats - Almond, Honey Bunches of Oats - Honey Roasted
<u>Quaker</u>	Crunchy Corn Bran, Instant Grits - Regular, Life, Quaker Squares
<u>Ralston</u>	Corn Flakes, Crisp(y) Rice, Frosted Shredded Wheat, Instant Oatmeal - Regular, Rice Biscuits, Tasteeos, Wheat Bran Flakes

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	<u>Shurfine</u> Bran Flakes, Corn Flakes, Crisp(y) Rice, Crunchy Corn/ Corn Squares, Crunchy Rice/Rice Squares, Frosted Bite Size Shredded Wheat, Honey Oats & Flakes w/ Almonds, Instant Oatmeal - Regular, Nutty Nuggets, Oats & More, Toasted Oats, Wheat Squares
	<u>ValuTime</u> Corn Flakes, Crisp(y) Rice, Toasted Oats
	Cannot buy: any cereal or brand not listed
Ways to buy up to 36 oz of cereal	12 oz + 12 oz + 12 oz 20 oz + 15 oz 17.3 oz + 17.3 oz 17.5 oz + 17.3 oz 17.5 oz + 17.5 oz 18 oz + 18 oz